

You've Hit Your Head!

You may have a CONCUSSION

You may experience headache, dizziness, blurred vision, amnesia (memory loss), difficulty concentrating, irritability, "drunk" feeling.

This could resolve in hours or weeks. Or soon deteriorate.

So for the next 6 hours, please:

Stay with someone.

Do not drink.

Do not drive.

Do not take pain relief.

Do not sleep.

No TV / reading / games / texting.

Please rest quietly.

If you:

Have pain that gets progressively worse, or

Vomit, or

Have a fit, or

Are worried...

GO TO HOSPITAL.

While you have any symptoms you cannot exercise:

When you are symptom free, do some light cardio.

If you are still symptom free, try some resistance training.

If you are still symptom free, you can go to footy training.

If you get through footy training symptom free, you can play.